



# Top 10 Tips for Camping in Ladakh

Camping in Ladakh, considered one of the essential adventure activities by adventure seekers, is something each one of us dream. And why not? When you have the luxury of a billion stars and pristine nature surrounding you and your soul, who can say no to it. You can camp (almost) everywhere in Ladakh.

1

## Where can I camp in Ladakh?

Almost anywhere! Pitch them at a place where there are some dhabha tents put up by locals or where there are other camps. Mostly you will be allowed, otherwise, negotiate for a small price. Sometimes paying for the meals at their dhabhas should be enough too. Pitching near some help will also give you a sense of security too.



2

## DO NOT camp at restricted sites or wetlands/lakes

Camping is not allowed in restricted sites such as Army secured zones or wetland reserves. Both lakes in Ladakh, Pangong Tso, and Tso Moriri come under wetland reserves and camping is considered illegal at the bank of these lakes. Pitch your camps away from the lakes or at a nearby village.

3

## Choose a site where the water stream is nearby and wind pressure is less

Always camp in the vicinity of continuous water supply and ensure that you camp higher than the creek. Also, make sure you see no past signs of flash floods up there. Not too close and not too far. Try to choose a place where the wind will least hit you.

4

## Ensure that your camp is fastened properly & the weather is clear in the night

Rains, coupled with winds in Ladakh can uproot your tents, if not set up correctly. Hence, make sure you properly install all the hooks and fasten the camp properly. Check the weather upfront and opt for a homestay if it is too bad.

5

## In case of a campfire, DO ENSURE you put it OFF completely with no ambers left.

If you set up a campfire, please ensure that you DO NOT light up at places where there are thatched roofs in the vicinity. Do also ensure that you put it off completely before leaving the site. Slight ignorance can prove life-threatening and damaging for the locals.

6

## Acclimatization again is a crucial factor, stay warm and well hydrated.

Acclimatization plays a critical role in camping in Ladakh. Setting up camp and then getting it off is an activity of exertion. Staying warm and being well hydrated will surely help you acclimatize at a much faster rate. Keep an eye on the altitude if camping on the Manali-Leh highway.

7

## Wash your hands properly and if possible carry a filter bottle

Wash/sanitize your hands every regularly because even a stomach upset could become very serious when coupled with high altitude. Try taking a water bottle with a filter. Do carry medicines for stomach upset, diarrhea, and other essential medications for regular/vulnerable illnesses.

8

## Carry the essentials while camping in Ladakh

Carry first aid, conventional medicines, a torch, a flint, a camping knife, and mosquito repellent when camping in Ladakh. Not to repeat, you should have enough food with few buffer days, including dry fruits. Carry lots of ORS packets or electoral packets for oral rehydration of minerals.

9

## Ensure you do not leave any food open

In case you leave food items uncovered at night, it might attract wild animals when camping in Ladakh, which can end up in trouble for you. Always try to pack up your food after cooking and do not leave it open. You do not want to get in the struggle with animals in Ladakh!

10

## Leave nothing but footprints in Ladakh!

Last but not least, PLEASE, NEVER litter in the Himalayas and NEVER disturb flora and fauna up there in the Himalayas. Please take all non-biodegradable waste back with you and leave nothing but footprints.



### Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



### #SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles